# 🥚 Egg Cookery Competition Lab · Get Ready

Culinary 1 · Unit 9 · Level 1 · after the Frittata/Omelet Lab



Name: _____

## 👥 My job. Circle it.

| | | | |
|---|---|---|---|
|  **Head Chef** I read the card. |  **Measurer** I measure. |  **Mixer / Cook** I mix and cook. |  **Clean-Up Captain** I clean up. |

## 🧰 Get the tools. Check ☐.

- ☐  Small pot
- ☐  Nonstick pan
- ☐  Slotted spoon
- ☐  Small clean cup
- ☐  Timer
- ☐  Platter

## 🧺 Get the food. Check ☐.

- ☐  eggs
- ☐  butter (scrambled
- ☐  salt + pepper
- ☐  water (hard

## ⚠️ Be safe!

🔥 Handle in. Stay by the stove.

🥚 Egg hands? Wash them.

## 🧼 Before we cook

☐ 🧼 Wash hands ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 No phone